

## REGULARLY SCHEDULED PROGRAMS

**NO MEMBERSHIP DUES!**

**Eat Healthy, Stay Active, Be Positive: YOU GOT THIS!**

### Exercise Opportunities

**Band Together**, Strength Training  
**Beats**: Cardio Drumming, Cardio  
**It's A Ball Exercise Class**, Cardio  
**Line Dancing**, Cardio  
**PickleBall**, Cardio & Coordination  
**Ping Pong**, Coordination  
**Tai Chi for Arthritis**, Balance  
**Toning w/ Weights**, Strength Training

### Game Opportunities

Pinochle  
Bunco, dice game  
Penny Bingo  
Quarter Bingo  
Jigsaw Puzzles (table in Library or take home)

### Planning Meeting

Make Your Voice Heard!  
Help plan programs for YOUR center!  
2nd Friday @ 12:30pm  
Library Room  
Sign-up ahead for lunch on East bulletin board

### Lunch (12:30pm)

Menu located on back of program calendar.  
Orders are due by 11am on the previous business day.  
Suggested donation: \$4.50  
Dine-In & Take-Out is available  
Eating together is always better!

### Social/Volunteer Opportunities

Billiards Room  
Birthday Social w/ Entertainment  
Craft Club & Knit & Crochet Club  
Special Soup & Sandwich Lunch  
Library Room (no check-out system, return tote outside the room)  
Volunteers are needed everyday for various areas of interest



**APRIL  
2023**

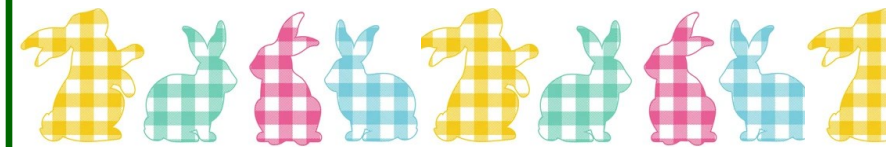
## MAPLE STREET

LEBANON COUNTY  
SENIOR COMMUNITY CENTER PROGRAM



## HAPPY EASTER!

**AAA OFFICE & CENTERS ARE  
CLOSED FRIDAY APRIL 7TH**



**The Missing Apron Lunch Group is  
re-scheduled to Do Goods in Myerstown**

As this location was cancelled in  
January for inclement weather.

**Join in by signing up on the East Bulletin Board.**



Welcome your  
new  
Center Manager

**JULIA**

**to the center & all the programs!**

### **EASTER POTLUCK LUNCH**

**THURSDAY 4/6 12-2PM**

Enjoy lunch with your friends!

### **ALL CENTER SPECIAL MEAL**

**THURSDAY APRIL 20TH**

Turkey Noodle &  
Broccoli Cheddar Soups  
Ham Sandwich w/ provolone,  
lettuce, tomato, & onion  
Cole Slaw

Raspberry Pie

**12:30pm in Library Room**

Suggested donation: \$4.50

**RSVP by 11am on 04/13**

Sign-up on East bulletin board

**Dine-In & Take-Out Available**

**Keeping you social, active,  
healthy & independent!**



**Eat Healthy, Stay Active,  
Be Positive, YOU GOT THIS!**

**Annvile**  
717.867.1796  
**Douglas Stump**  
200 S. White Oak St.  
Annvile, PA 17003  
Christ Church UCC

**Maple Street**  
717.273.1048  
**Julia Organtini**  
710 Maple St  
Lebanon, PA 17046  
Area Agency on Aging

**Myerstown**  
717.866.6786  
**Anne Kim**  
59 N. Ramona Rd.  
Myerstown, PA 17067  
Myr. Baptist Church

**Northern Lebanon**  
717.865.0944  
**Helene Heisey**  
335 N. Lancaster St.  
Jonestown, PA 17038  
American Legion

**Palmyra**  
717.838.8237  
*vacant position*  
101 S. Railroad St.  
Palmyra, PA 17078  
Interfaith Manor